

**Abstract of the Disclosure**

The present invention provides a one-way clutch in which spring force of tongue pieces of a spring will not be decreased, even in case where a larger tightening margin is 5 provided between a cage and an outer race, but proper spring force can be maintained thereby to attain reliable synchronization between the outer race and the cage, and a rise of cost will not be incurred. The one-way clutch includes a cage, a spring arranged along an inner diameter 10 side of the cage, and a sprag assembly. Each of sprag is inserted into pockets of the spring and cage, respectively. One end of the spring is overlapped with the other end at a position where the largest repulsive force is exerted from the cage. Thereby, rigidity of the spring is 15 increased in a part of the spring corresponding to the position.